



ShapingNJ Strategy At A Glance

Nutrition and Physical Activity in Child Care



The Facts

- When fruits and vegetables as well as other nutrient rich foods are available in child care and after-school settings, children will eat more of them.
- Limiting exposure to less healthy foods is an important aspect of acquiring tastes for a variety of healthy foods.
- Current child care licensing regulations do not adequately address nutrition, physical activity and breastfeeding standards and fail to address TV viewing.
- Training is needed for child care staff on best practices in the areas of child health, nutrition, physical activity, TV limitations and breastfeeding of young children.

ShapingNJ Vision

Every day, every child in child or after-school care will eat healthy food, including fruits and vegetables, and engage in physically active play. Children will have many choices other than TV viewing in these settings.

ShapingNJ Strategies

Child care providers and advocates will work with the NJ Department of Children and Families' Office of Licensing to change licensing requirements so that child care and after-school programs follow evidence-based practices in child health, nutrition, physical activity and TV viewing.

Train child care providers about child nutrition, physical activity and TV time limitations.



Resources and Tools

Preventing Childhood Obesity in Early Care and Education Programs – Selected Standards from Caring for Our Children: National Health and Safety Performance Standards

http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf

Healthy Eating Best Practices

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf>

Physical Activity Best Practices

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguidelines.pdf>

ShapingNJ Contact: Karin Mille, MS, RD 609-777 -9045, Karin.Mille@doh.state.nj.us

Coordinating Partner: NJ Association for Child Care Resource & Referral Agencies—
Nancy Thomson and Beverly Lynn

ShapingNJ, The State Partnership for Nutrition, Physical Activity and Obesity Prevention
www.shapingnj.gov